

PE at St. Anne's EYFS and KS1



Year 1 - Key Skills

Fundamentals

Physical: balance, jump, hop, run, speed, dodge, skip

Social: collaboration and supporting others

Emotional: determination, honesty, perseverance

Dance

Physical: Actions, dynamics, space, relationships

Social: respect, collaboration, communication

Emotional: empathy, acceptance, kindness, determination

Gymnastics

Physical: travelling actions, shapes, balances, barrel roll, straight roll

Social: respect, collaboration, sharing

Emotional: confidence, self-regulation, perseverance



EYFS - Key Skills

Fundamentals

Physical: Run, jump, hop, skip, balance, crawl.

Social: Share, communication, cooperation, leadership.

Emotional: Independence, perseverance, confidence

Gymnastics

Physical: shapes, balance, rocking, rolling, travel.

Social: work safely, collaboration, take turns

Emotional: Determination and confidence

Dance

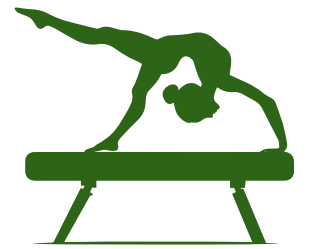
Physical: actions, dynamics, space

Social: respect and collaboration

Emotional: independence and confidence



Year 2 - Key Skills



Dance

Physical: Actions, dynamics, space, relationship

Social: respect, collaboration, work safely, communication

Emotional: independence, confidence, perseverance, determination

Gymnastics

Physical: run, speed, agility, dodge, balance, jump, hop, skip

Social: collaboration, respect, communication, encourage

Emotional: determination, honesty, perseverance

Dance

Physical: actions, dynamics, space, relationships

Social: respect, collaboration, work, communication

Emotional: independence, confidence, determination

PE at St. Anne's

Autumn 1

KS2



Year 4 - Key Skills

Fundamentals

Physical: balance, run, dodge, hop, jump, skip

Social: respect, encouragement

Emotional: determination, perseverance

Hockey

Physical: dribble, pass, intercept, run, shoot

Social: communication, collaboration, respect

Emotional: perseverance, determination

Rounders

Physical: underarm, overarm, catch, bowl, track a ball, field and retrieve

Social: respect, collaboration, co-operate

Emotional: confidence, fair play, honesty



Year 3 - Key Skills

Fundamentals

Physical: Run, dodge, hop, jump, skip.

Social: Share, communication, respect, co-operation

Emotional: honesty, independence, perseverance

Hockey

Physical: run, dribble, pass, receive, shoot

Social: communication, collaboration, respect

Emotional: honesty, perseverance, determination, support

Rounders

Physical: underarm, overarm, catch, bowl, track, field, bat

Social: communication, collaboration, respect

Emotional: honesty, confidence, determination



Year 5 - Key Skills

Hockey

Physical: dribble, pass, intercept, run, shoot, tackle

Social: communication, collaboration, respect, support

Emotional: perseverance, determination, honesty

Fitness

Physical: agility, balance, co-ordination, stamina, strength

Social: respect, collaboration, support

Emotional: determination, perseverance

Dance

Physical: actions, dynamics, space, relationships

Social: awareness, consideration, collaboration

Emotional: empathy, confidence, reverence



Year 6 - Key Skills

Fitness

Physical: agility, balance, co-ordination, stamina, strength

Social: respect, collaboration, support

Emotional: determination, perseverance

Gymnastics

Physical: straddle roll, forward roll, counter balance, counter tension, bridge, shoulder, handstand, cartwheel, flight.

Social: work safely, collaboration, communication, respect

Emotional: independence, confidence, determination

Dance

Physical: actions, dynamics, space, relationships

Social: awareness, consideration, collaboration

Emotional: empathy, confidence, reverence

